

# Caffeine; Coffee: Their effects

\***DEHYDRATION** is a condition in which body cells do not receive enough water for basic body function. That means your cells may run dry. These are some of the contributing factors to dehydrating your cells.

\*Regular consumption of beverages that have **DIURETIC** effects, such as coffee, black and green tea, most soda beverages, and alcohol, including beer and wine. Decaffeinated coffee and tea are even more harmful.

\*Regular consumption of stimulating foods or substances, such as meat, hot spices, chocolate, sugar, tobacco, narcotic drugs, soda, artificial sweeteners, coffee, black and green tea, most soda beverages, and alcohol, including beer and wine. Also including some uncommonly thought of, life stimulates such as stress, most pharmacological drugs, excessive exercise, overeating and excessive weight gain, watching television for several hours each day.

\*Any of these factors has a **BLOOD-THICKENING EFFECT** and, thereby, forces cells to give up water. The cell water is used to restore blood thinness. To avoid self-destruction the cells begin to hold on to water. Cholesterol, which is a clay-like substance, attaches itself to the cell walls like a patch to prevent the loss of water in the cells. This is only an emergency measure to preserve water and save the cell for the time being. It also **reduces the cell's ability to ABSORB** new **WATER**, as well as much-needed **NUTRIENTS**. Some of the unabsorbed water and nutrients accumulate in the connective tissues surrounding the cells, causing swelling and water retention of the body. This leads to considerable **WEIGHT GAIN**. At the same time, **the blood plasma and lymph fluids become thickened and congested**. Dehydration also affects **the natural fluidity of bile** and, thereby, promotes the **FORMATION OF GALLSTONES**.

\*Tea, coffee, cola, and chocolate share the same **nerve toxin (stimulant) caffeine**. Caffeine is readily released into the blood, and triggers a powerful immune response that tries to counteract and eliminate this irritant from the body. The toxic irritant **stimulates the adrenal glands**, and to some extent, the body's many cells, to release the **stress hormones adrenaline** and **cortisol** into the bloodstream. This results in a sudden surge of energy which is commonly referred to as "the fight-or-flight response." If consumption of stimulants continues regularly, however, this **NATURAL DEFENSE RESPONSE of the body becomes OVERUSED AND INEFFECTIVE**.

\*The almost constant **secretion of stress hormones**, which are **highly toxic compounds** in and of themselves, eventually **alters the BLOOD CHEMISTRY** and causes **damage to THE IMMUNE, and the NERVOUS SYSTEMS**. Future **defense responses are weakened**, and the body becomes more prone to **INFECTIONS AND OTHER AILMENTS**.

**\*THE BOOST IN ENERGY** experienced after drinking a cup of coffee is not a direct result of the caffeine it contains, but rather of the **IMMUNE SYSTEM'S ATTEMPT TO GET RID OF THE CAFFEINE**. An overexcited and suppressed immune system fails to provide the "energizing" adrenaline and cortisol boosts needed to free the body from **THE ACIDIC NERVE TOXIN, CAFFEINE**. At this stage, people say that they are "used" to a stimulant, such as coffee. So they tend to increase their intake of it to feel the "benefits." The often-heard expression "I am dying for a cup of coffee" reflects the true peril of this situation.

**CAFFEINE IS A DRUG**, popularly consumed in coffee, tea, soft drinks and, in smaller doses, chocolate. While we seem to have a love affair with these products, there's been quite a bit of confusion and even controversy surrounding caffeine lately. Is it good or bad for us? Here's a brief tutorial on caffeine, and some surprising answers to these questions.

**Adenosine-** Caffeine inhibits absorption of adenosine, which calms the body, which can make you feel alert in the short run, but can cause [sleep](#) problems later.

**Cortisol-** Caffeine increases the body's levels of [cortisol](#), the "stress hormone", which can lead to other health consequences ranging from weight gain and moodiness to heart disease and diabetes.

**Dopamine-** Caffeine increases dopamine levels in your system, acting in a way similar to amphetamines, which make you feel good after taking it, but after the affects wears off, you feel the 'low' and become moderately depressed. It also leads to a physical dependence because of dopamine manipulation.

These are some more negative side affects caffeine has on your body:

- \*Decreases the flow of blood to the heart and brain.

- \*Can affect the development of organs in the baby during pregnancy even in moderate amounts.

- \*Can lead to physical dependence because of the dopamine increase.

- \*Dopamine manipulation increases levels of cortisol leading to stronger cravings for caffeine-laden foods, fat and carbohydrates, which causes the body to store fat in the abdomen, (Abdominal fat carries with it greater health risks than other types of fat.) causing the body to go into a cycle that leads only to worse health.

- \*Excessive caffeine intake promotes calcium loss in the urine.

- \*Problems sleeping, fatigue, depression, weight gain, mood swings, heart disease, diabetes, headaches, digestive problems, irritation of the stomach and bladder, peptic ulcers, diarrhea, constipation and anxiety.

\*Excessive caffeine intake promotes calcium loss in the urine.

# Coffee

What is coffee? And where does it come from?

Coffee is really a fruit. Coffee branches form delicate white jasmine-like blossoms that last for little more than a day. These blossoms give way to coffee "cherries" that are red, yellow and sometimes brown. The berries are round and very much resemble our own native cherries. The coffee bean is inside of the cherries under the layers of skin.

It is grown in more than 50 countries world wide with about 30 of those countries producing more than 5,000,000 tons of coffee each year. Americans consume more than 1/3rd of the total coffee grown in the world. Hawaii is the only place in the USA where coffee is grown.

Coffee beans, like other crops are grown with chemical pesticides. One insecticide, D-D-7, has been banned in the United States, but is still used by other countries from which we import coffee beans.

**There are 2 ways of processing coffee known as dry and wet:**

- \* The dry method is where the beans are sun dried; then the skin and bean of the cherries are separated. All of this is done by hand.
- \* The wet method is where they remove the skin from the bean several hours after harvesting. The beans are then washed in a process that involves cycles of fermentation and rinsing. After the coffee beans are processed they are then shipped out to the roasters.

Decaffeinated coffee or "decaf" is coffee that has had most of the caffeine removed. By weight, the amount of caffeine found naturally in coffee is only about 1%-2% depending on the kind of coffee bean.

There are currently two methods used commercially that remove caffeine from coffee:

The European process uses a chemical process. One of the chemicals used is **Methylene Chlorine**. They wash the coffee beans in this and other chemicals. Then they are rinsed and dried, then shipped out to the roasters. You get more flavor doing it with the European process, than the Swiss water process. Though there are some people that are very uncomfortable knowing that the coffee they are drinking was chemically processed, and still has traces of chemicals in it.

The Swiss water process is where they use hot **water and steam**. The water solution is put through charcoal filters to remove the caffeine. They then put the beans back into the decaffeinated solution

to re-absorb everything but the caffeine. The beans are then dried and ship out to have them roasted before hitting the stores. In the Swiss water processing you lose a lot of the oil and flavor from the coffee bean.

When you roast the coffee beans you are changing the chemical makeup of them, so therefore they become a carcinogen. Carcinogens promote the development of cancer. Once they enter the body, whether it is natural or man-made, they are then broken down into unstable molecules. These chemically unstable molecules are called free radicals. The free radicals can then take nicks out of the DNA in your body and also alter it.

Harmful free radicals are toxic molecules of oxygen that damage every area of our bodies. One free radical can initiate tens of thousands of chain reactions that cause tremendous harm (destroy cell membranes, disrupt crucial processes in the body, reprogram DNA, form mutant cells, and more). Free radicals are a major contributing factor to nearly all situations of non-ideal health, including cancer and all other degenerative conditions. The best strategy to minimize their negative effects on us is to avoid exposing ourselves to things that create free radicals and support our bodies.

Coffee is also highly acidic and when we create an acidic environment inside of our bodies we have the perfect conditions for the following illnesses: cancer, major liver and gallbladder failure, thyroid and adrenal glands malfunction, yeast infections, allergies, skin problems, headaches, colds and many more.

If our PH balance becomes too acidic, our bodies will react to protect themselves. To neutralize the acid, they will take alkalizing minerals from our reserves. If our reserves are low, the body will withdraw minerals from our bones and muscles. Consider this; it is a fact that cancer cells thrive in acidic environments.

Buildup of toxins from pesticides, nerve toxins, stress, pollution, food additives, drug residues, and poor lifestyle choices, lead to toxin accumulation; causing fatigue, skin problems, weight gain, mood changes, recurrent infections, insomnia, constipation and other digestive complaints, degenerative diseases, cancer and other lethal diseases.

Sources:

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